

*Want to have more joy and laughter in your life?*

# Laughter Yoga

## The Best Medicine!

Experience a refreshing and innovative practice that provides a whole new approach to stress-management as well as physical and mental well-being through laughter! Gain a leading edge in wellness. **As seen on the Oprah Winfrey Show**, Dancing With The Stars, Good Morning America...

*"Stress lifted from my body. It lifted from my soul." – Reggie Wells, Oprah Winfrey's "resident cynic."*

The secret of Laughter Yoga is that our bodies are hardwired with some surprisingly powerful natural reactions to extended hearty laughter (a whole-brain function.) These side-effects include:

- **Blood** and all major organs are **fully oxygenated** leaving us bursting with energy
- **Blood pressure** and pulse rate **drops**, circulation improves
- **Depression** is **lifted**
- **High endorphin** levels put us in a **great mood** and reduce many aches and pains
- **Lymphatic** system is **massaged**
- **Self-confidence**, communication and creativity are **boosted**
- **Stress-levels reduce** by 75% or more and we become more stress-resistant in our **day-to-day lives**

*"This stuff really works!" Harry Hamlin, on Dancing With The Stars*

*"I'm knocked out both by the possibilities that my new Laughter Yoga skills opened for me and also by your inspiring leadership in the field." Dex Graham*

**About the facilitator:** Sebastien Gendry is the director of the American School Of Laughter Yoga. He is one of the most senior figures in the international Laughter Club movement. A passionate and charismatic author and teacher, he is best known for his ability to empower and help people rediscover their creative spark. He learned his many trades in many lifetimes by reinventing wheels and then working out why they don't go straight. He has appeared on the Oprah Winfrey Show, ABC Good Morning America, National Public Radio and more. Visit [www.laughangeles.com](http://www.laughangeles.com)



## Two Opportunities To Experience Sebastien Gendry and Laughter Yoga

### An Evening of Laughter Yoga

Location: Albuquerque Center For Spiritual Living  
2801 Louisiana Blvd. NE  
Albuquerque, NM 87110

*Tickle your funny bone, release tension and get a taste of Laughter Yoga with this fun workshop, open to all. Your inner child will take days to settle down!*

Fri. 12/12, 7:30-9pm

**\$20 pre-registration**

**\$30 at the door**

Call 505-881-4311

### 2 days of Laughter Yoga Funshine!

Location: Sanjevani, 7920 Wyoming Blvd, NE Suite B, Albuquerque NM 87109

*This is a fun 2 day workshop filled with laughter where you will not only learn more about how to lead a Laughter Yoga session with a variety of students, but you'll have lots of time and support to practice your own laughter skills in your unique way. All participants will receive a Laughter Yoga Leader certificate.*

Sat. 12/13, 9a-5p

Sun. 12/14, 9a-4p

**\$297**

[laughangeles.com/nm12.php](http://laughangeles.com/nm12.php) to register. Low income and group discounts are available.